

BENTHAM NEWS



BENTHAM'S ECONOMIC UPTURN?

There are a number of exciting economic developments at present being discussed among those who trade in and around Bentham.

In the New Year everyone in Bentham should have in their possession a copy of Bentham's own, brand new Trade Directory. It will contain details of local businesses, both large and small, and information about any commercial activity relevant to local people.

So support this new joint venture by Bentham Traders and Bentham News! Find out how by reading the report on page 15.



NOVEMBER 1993

THE BIRTH OF "HIGH BENTHAM BUSINESS PARK".

Bentham News is delighted to welcome the resurgence of activity on the trading estate site, near Wenning Avenue, which has been virtually deserted since 1988. In a surprise deal the estate has been sold to a private buyer, and details of this and how your business could be part of this rebirth (two units are still unlet) can be found on page 10.

COULD BARTERING CATCH ON IN BENTHAM?

Want someone to walk your dog, do your shopping, mow your lawn or help compose a difficult letter?

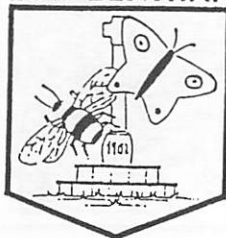
Could you in return replace a zip, babysit, provide transport for a neighbour's hospital visit or meet children from school occasionally?

These are the sort of exchanges which will be possible, without money changing hands, if a bartering scheme gets going in Bentham. Other small communities round the country have introduced such schemes, known as LETS, (Local Economic Trading Systems) and a meeting, addressed by a member of a LETS scheme in Calderdale, is planned for 7.30pm on 10th November in the Black Bull. Read all about it on page 15.

ISSUE 85

LOW BENTHAM C.P. SCHOOL

LOW BENTHAM



C.P. SCHOOL

Following a competition for parents and children during the Summer term, the school's governors decided upon several winning logo designs and asked John Hodson (Parent Governor) to put the best features from these designs together to make a school logo. John produced a range of designs which parents were asked to choose from. The final logo will be printed on school sweatshirts by Yellow House Art Co. of Bentham and used whenever a school logo is applicable.

BENTHAM PANTOMIME

"Signing on Time"

It's time to sign on if you want to be in our next Panto "The Pied Piper of Hamelin", or if you want to help in any way - however small. Come along to Bentham Youth Club on Sunday November 7th at 2pm.

If you can't make the meeting ring Margaret Cowling 61764 or Jane Callus 62277 and leave your details.

£368 RAISED FOR LOCAL SPECIAL CARE BABY UNIT.

Barclays Bank at Bentham raised £368 on the Bouncing Castle at Benham Show this year. Mr Craven, the Manager, presented the cheque to the Lancaster and District Special Baby Care Unit recently.

CHRISTIAN AID

At the Harvest coffee morning held in September £193 net was raised. Many thanks to all who helped and supported this event.

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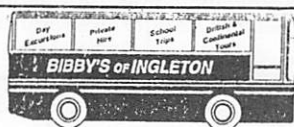
GOODENBER ROAD PLAY AREA

Since our previous article in last month's BN we have obtained important legal information. The land is owned by Craven District Council. The Town Council presently rent the land for a peppercorn rent, a land search has already been done and permission has been given to build on it.

The previous playground committee have kindly offered to pass over their funds, giving us an excellent head start. We would like to express our gratitude to them for this and the work they have already put into the project.

Future fundraising events will include:- a Christmas Disco, a revival of the New Year's Wheelbarrow Race, a coffee morning and a Fashion Show Extravagaza. Watch this space for further information.

Please contact Tracy on 42295 or Denise on 62207 if you would like to be involved in any of the activities.



BIBBY'S OF INGLETON

London Weekends!

November & December £86

Day Excursions!

- 7 Nov Gretna Green Market £5.50
- 9 Nov Chester £6.00
- 10 November Carlisle £4.80
- 11 Nov Damart Mill Shop £4.80
- 13 Nov Carlisle £5.50
- 13 Nov Gateshead Metrocentre £6.00
- 16 Nov York £6.00
- 17 Nov Blackburn Market £4.80

Departing from Bentham/Ingleton/Burton

For Details Ring (05242) 41330

Bookings can be made at
Village Pet Supplies, Station Road

TOWN COUNCIL

by Jean West

Mayor Telford chaired the October meeting and Councillors present were:-Marshall, Joel, Hewitt, Hurlley, Dowbiggin, Jackson, Preston, Bateson and Cowling. Councillors Pilkington and Atkinson and eleven members of the public were also present.

Mrs Wendy Heigh, in presenting a Mayoral Board showing names of past Mayors to the Council, said it was in memory of her mother, Mrs. Phyllis Joel, who served as Mayoress to her husband, a role which she considered a great honour.

POLICE SURGERY

Inspector McCann announced that weekly police surgeries are to be held until Christmas to hopefully improve community relations and communications between the public and the police. They will be on Thursdays, 7pm to 9pm, in the Town Hall Committee Room. People can use these to produce driving documents instead of travelling to the police station, and any matter discussed on a one-to-one basis would be treated in confidence.

Other Police Matters:

Phoning the Police can still take too long, a call to Skipton wasn't answered for seven minutes. There will be no more Police recruited by North Yorkshire for at least a year. Bad parking, especially near the Station Road / Main Street junction, is causing traffic hold ups. How can this difficult problem be solved? (I was disappointed that on this occasion the police did not stand and address the meeting as lady officers had previously. It was very difficult to hear what was being said as the police had their backs to us.)

BRIGHTER BENTHAM!

The Council have given funds to assist the Traders' Association in providing Christmas lights, which hopefully will decorate Low Bentham as well this year. Shop window displays will be judged and a Brass Band will play at Late Night Shopping.

The Council have supplied crocus and daffodil bulbs which will be planted by the

3 children from Low and High Bentham Primary Schools.

Norweb and British Telecom are continuing to remove poles and cables from the Bentham area.

Councillor Atkinson reported that ten street lights are out in Bentham and hopes that people would report any out in their area.

BITS AND PIECES

Councillor Marshall was re-elected as a Bentham School governor. Craig MacDonald expressed concern that a shoe sale in the Town Hall was a threat to his newly opened business but was assured that this had been a one-off booking. Riverside caravanners wrote to thank the staff at Bentham Health Centre for their excellent care. Councillor Pilkington said that residents' views would be sought on various re-organisation schemes. Work on the Goodenber Road Housing development has started. Tenants' views on who should finance the maintenance of existing housing in the future are to be sought. There is no money available for refurbishing the School Hill toilets. Many residents have had confusing letters concerning the Council Tax, first stating they had been refused an appeal then that an official would be coming to value!

The meeting ended on a pleasant note with the Council agreeing to send flowers and a card to Mrs Taylor who was 107 on October 12th.

As some members of the public are unable to hear what is being said at meetings, a public address system might be the answer. Action on this would be much appreciated, maybe before the next meeting on November 1st?

Rachels Cycle Surgery

Rachel C. Murton

- Qualified Cycle Mechanic (City & Guilds)
- Full Service and Repairs
- Reconditioning of Second Hand Cycles
- Free collection & Delivery

PARK COTTAGE,
DEER PARK LANE,
HORNBY.

Tel (05242) 21763

SETTLE HIGH SCHOOL NEWS

by Christine White and Shirley Brown

MARVELLOUS MOSAIC

There is now a beautiful 50,000 piece mosaic at the school, created by over 200 pupils, staff members, the retiring Head, Roger Haslam, and the incoming Head, Trevor Wear. Anyone wishing to see this work of art is welcome to come and look (and marvel!).

SPORTING STARS

Two of the school's outstanding athletes have recently received recognition. Benthams's JAYNE LAWSON has been selected to play for the North Yorkshire U19 Netball team. Competition at the trials was fierce, and Jayne played some wonderful netball to impress the selectors. Clapham's MATTHEW WHITFIELD was presented with his Sports Achievement Award in senior assembly earlier this term. Matthew has represented the area, the county and the country in crosscountry running, and won the award in recognition both of his outstanding athletic ability and for his general approach to his sport which has provided inspiration and example to the school's younger athletes.

CLASS OF '93: WHERE ARE THEY NOW?

IN EMPLOYMENT: LISA BAINES is working for Halifax Property Services and COLIN JOHNSON is a trainee accountant. GARETH ADAMS and PAUL HODGKINSON are seeking employment.

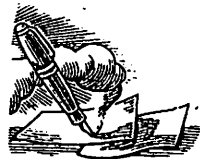
TAKING A YEAR OUT: MICHAEL CARR is applying for police training, RACHEL HODGSON is going to Liverpool University in 1994, and CAROLINE PILKINGTON and SAM WATT are also applying for 1994 entry to further education.

FURTHER STUDY: JANETTE BAKER (Radiography at St. Martin's, Lancaster), CHRIS BAMFORTH (Officer training at the Royal Naval College), MICHAEL BARRON (Furniture crafts at Cornwall College), TIM BROWN (Sociology at Loughborough University), ROB COOK (Arts Foundation course at Harrogate), SAM DIXON (Chemistry HND at Hallam University,

Sheffield), CAROLINE MILLARD (Medicine at Newcastle University), JEAN PROCTER (Nursing at Birmingham University), SARAH ROBSON (Arts Foundation Course at Harrogate) and KEVIN TAYLOR (Maths at Liverpool University).

NEWS OF FORMER PUPILS

The school is not only proud of the academic achievements of former pupils (such as PETER DAVIES' physics degree from Newcastle and MARK MULLIGAN's politics and history degree from Middlesex) but is also pleased to hear news of the activities, employment and achievements of all who have studied at Settle High. Anyone wishing to get in touch can leave messages for Christine White at the school (tel: (0729) 822451), or information can be handed in to "Benthams News" and will be forwarded to the school.



J. McManus M.B.B.S

STAFFORD HOUSE
BENTHAM, LANCASTER. LA2 7HL
TEL: 05242 61733

Opening Hours

Mon Tues Wed Fri 9.00 - 6.00
(Lunch 12.30 - 1.30)
Thurs 9.00 - 1.00 / 4.00 - 6.00
Sat 9.00 - 1.00

- ✱ Prescriptions dispensed with patients records, automatic warnings and any drug interaction reports.
- ✱ Delivery service for prescriptions where necessary: please ask if required.
- ✱ Ostomy supplies and surgical hosiery supplies.
- ✱ Oxygen equipment supplied and cylinders delivered and changed as required.
- ✱ Homeopathy remedies, health supplements and vitamins stocked.

POST OFFICE NEWS

from the Sub-Postmistress

Two main items this month - one concerning the postal price increase and one looking forward to Christmas, which is fast creeping up on us.

TARIFF INCREASE on 1st November

a, Inland and overseas letter rates, and inland parcel rates, last increased in September 1991, will be changing on Monday November 1st for all services except priority services (where new prices were introduced during the summer). The increases are necessary to ensure the Post Office achieves governmental financial targets.

b, The first and second class basic rate for letters will rise by 1p to 25p and 19p respectively with pro rata increases for letters and packets heavier than 6 grams. Basic airmail and surface overseas rates will increase by 2p again with pro rata increases for items heavier than 10 grams. Leaflets listing the full changes are available from Post Offices. so please pick one up, or ask at the counter for details, to ensure that your mail is not delayed by underpayment.

c, Customers with 18p, 24p, 39p stamps etc will have to uprate them by buying 1p or 2p stamps. Pre-paid stationary (e.g. air letters, stamped envelopes) and "Non-value Indicator" (i.e. First / Second) stamps from stamp books can continue to be used after November 1st for the services they were originally purchased at no extra charge.

CHRISTMAS

a, Customers sending small gifts or packets overseas may be interested in Post Office pre-paid airpacks which are pre-paid for postage up to 500 grams in weight. These packs, which are strong and easy to use, cost £2.49 for European destinations and £4.99 World Wide.

b, All overseas packages should be carefully packed and boldly marked with the appropriate service. (e.g. 'small packet', 'printed papers') should carry a customs declaration (except for EEC destinations),

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and should be weighed for the appropriate postage to be determined. Proper packaging and clear addressing is more important than ever with the arrival of mechanised handling.

c, By early November all surface latest posting dates outside Europe will have passed (USA is 5th November). Airmail latest posting dates are 6th / 8th December for countries outside Europe and 10th / 14th December for European destinations. Full details can be found in leaflets available at Post Offices.

d, Christmas stamps, portraying scenes from Charles Dickens 'Christmas Carol' will be on sale from 9th November, Christmas airletters are already available.

e, Next month we hope to give further details about Christmas inland postal arrangements, counter opening hours and pension / allowance payments.



**COFFEE MORNING
AT
"BURNCROFT", Robin Lane
on
Wednesday November 17th
at
10am.**

*For multiple sclerosis & Camphill Trust
Please come along and bring your friends*

**TTS
Tatham Tyre Service**

Industrial Estate, High Bentham, Lancaster
AGRICULTURAL & HIGH PERFORMANCE

TYRE SPECIALISTS

*Road & rally tyres, All makes of NEW &
REMOULD car tyres, motorcycle tyres, Wheel
balancing, wheel alignment, Batteries, Tyre safety
checks. BENTHAM (05242) 61409*

POLICE FILE - 999

from Inspector John McCann

Fortunately, since my last article incidents on the crime front have been very quiet. However everyone should remain vigilant as the darker evenings provide the ideal cover for would be thieves. Please contact us if there is anything you see that seems suspicious.

BAD PARKING PROBLEM

Apart from dealing with crime the police get a number of complaints about the parking of motor vehicles. Benthams is no exception and just recently we have been told that congestion in the High Street has caused some concern to the local fire service. There is a particular problem near the junction with Station Road, where the road is fairly narrow. Although there are yellow lines on the road, some people persist in parking their vehicles outside the shops, causing unnecessary obstruction. It would be a tragedy if the fire service was prevented from saving life owing to the actions of a thoughtless driver.

WANT TO TALK TO THE POLICE?

From October to December we are planning to hold surgeries / advice shops at Benthams Town Hall. The council have kindly allowed us to use the committee room. Local officers will be putting out posters giving the times and dates. The surgeries will be held during evening time and will be a great opportunity for police and public to meet face to face. The intention is to allow members of the public easier access to their local officers, where on an individual basis they can discuss crime prevention matters, crime, traffic, nuisance or any other problems they want to bring forward. We are hoping to have surgeries for a two month trial period and I am hoping they will be a success. Any matters that are discussed will be held in the strictest confidence.

JACKSONS OF BENTHAM

CEMENTONE

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for anyone who's
been a little
under the weather**



It's just one of the superb range of 'Caring For' Roots products available from:

ROOF-LIFE high performance, low-cost waterproofer for flat roofs, could save you hundreds of pounds for example on the cost of repairing a typical garage roof.



PRECEPT MEETING

MONDAY 15th November 1993 7.30

TOWN HALL - WENNINGDALE ROOM

Requests for grants should be made in writing to:-

Reg Pointen,
7, Springfield Crescent,
High Benthams

by Saturday 13th November. Details of previous annual accounts must be included.

RIVERSIDE CARAVAN PARK

*Fed up with your touring caravan
stuck in the drive!*

*Then why not store it on Riverside
Caravan Park for the winter months
from 1st November until 1st March*

1994 for only £35 + vat.

For further details tel 62163

COUNCIL CONCERNS



HURRAY FOR HIGHWAYS.

Good news for Ingleton people who live south of the A65. After two years of nagging the DoT are now prepared to do something about speed and crossings. The proposals are for a 40 mph speed limit along much of the New Road and three pedestrian refuges spaced out along its length. We want your opinions on where these should go so please come to the meeting at the Bridge Hotel at 7.30pm on Thursday, 4th November.

ENVIRONMENTAL HEALTH

As Chairman of Craven District Environmental Health Committee it was inevitable I got drawn into some of the more detailed work of the Department. To date I've inspected more than 12 public lavatories - yes, I know all about the Bentham one! One of our problems is that the cost of making them vandal-proof runs into tens of thousands of pounds, so our programme of refurbishment is drawn out over years. Another problem this month has been a number of frighteningly neglected old people. Fortunately the neighbourhood support system in our villages ensures we avoid this problem - or I hope it does - but in the towns the situation is apparently different.

New initiatives in recycling will mean a more organised system throughout the District. Mini-recycling centres consisting of three or four large, mechanically-emptyable, wheely bins will provide for glass, cans, paper, clothes, etc., but not plastic, or not yet. These will supplement, not replace, our many, well-organised, voluntary efforts.

7 Thanks by the way to those who support our can collections in Ingleton and Bentham. However, steel cans (most pet-food cans) fetch nothing and have to be sorted out - a recent car-load had only 5 or 6 aluminium cans in it - worth less than the petrol! So please try and separate them for us. We'll be providing separate bins where we can (!).

HOUSING

The decision on whether to transfer our housing stock to a housing association is still not made. Even the consultants say it doesn't make economic sense but we are under steadily increasing financial pressure from Govt. to do so. We'll shortly be consulting tenants for their opinion. Meanwhile it doesn't look as if we'll be in a position to get onto this year's list.

LOCAL GOVERNMENT REORGANISATION

The rumours coming out of the Local Government Commission continue to confuse. On the one hand John Gummer's recent remarks seem to favour small unitary authorities - Craven (?) - on the other there are strong rumours about the favourite here being a two-tier system for North Yorkshire without York, which would have its own council. Thanks to all those who filled in the various petitions and surveys, the Craven plus Harrogate option seems to have died the death.

What is more worrying though is today's news of the Government setting up regional offices for the various ministries. Is this an extension of central government power intended to take over from local government? Only time will tell!

ARMSTRONG'S

Main Street, High Bentham

*Special offers on Paint,
Portable Gas and Paraffin Heaters
for the month of November*

Tel Bentham 61229

CHARITY DANCE

by Cliff Machin

The all ticket danceorganised jointly by Cliff Machin and Joe and Megan Gornall from Heysham, was a sell out. The 85 dancers attending came from as far away as Barnsley and Kendal, Sedbergh and Morecambe, as well as our own local communities - the youngest dancer was 8 years old!

The usual happy atmosphere and our superb ballroom facilities in the Town Hall ensured another successful evening, as did the excellent Pie and Pea Supper prepared by our recently retired Catering Chief, Pat Smith and her daughter Lorna.

Cliff thanked the dancers for their support, and gave special thanks to the donors of the raffle prizes and to the helpers. He paid tribute to Joe and Megan for another lively and happy musical programme, and for leading the many ever-popular Sequence and Old-Time

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dances. Particular thanks were expressed to Pat and Lorna, the volume of the applauded response endorsed his comments!

After paying catering and raffle expenses the sum of £190 was handed over to Age Concern funds bringing the total to date from the dances to £440, an impressive contribution in spite of early losses. We are greatly indebted to all who have made this possible as a source of funding from an event which has now become another regular highlight in Bentham's social calendar.

Our next dance is on Friday 12th November. The next 'special' dance will be a Jacob's Join Christmas Dance on Friday 10th December.



News
and
Information

HIGH BENTHAM BRANCH

from Mrs M. Hayton.

Our AGM was held in October when the existing committee was re-elected, having only served since the W.I. reformed in May.

Our guest speaker was Mrs Willacy from St. Johns Ambulance, who gave an amusing talk and instructed us on basic safety in the home. I am sure we are now all better equipped to deal with any emergency which may occur.

Our next meeting will be on Thursday 4th November, when any new members or guests will be welcome. The speaker is Jo Taylor and the topic "Organic Gardening".

BILL HOULSWORTH

Time Served

PAINTER & DECORATOR

5, Lairgill,
High Bentham
Nr. Lancaster
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Fishers of Bentham
Tel 61349

*Come and see our extensive range of
"Rafaella" underwear from Gossard.
Select range of "Weinberg" coats and
Kabri knitwear.*

Good range of Trickers boots.

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(night) 05242 62054

YOUR LETTERS,



Dear BN readers,

In September I was pleased to see a range of evening classes available in this area. I enrolled at Settle Town Hall for a guitar class. Turning up at Settle High School for the first session I was dismayed to find the class cancelled because the minimum number was not reached. (I heard French for beginners was also cancelled that night!)

I hope Pam Zahler recruited the extra "potential potters" to run her class, after her advert in the P.O.

On a brighter note, many of my friends talk of the aromatherapy class they attend - but then I seem to remember this was advertised in Bentham News wasn't it!

Yours

Janette Richardson.

Kinnian,

Bentham.

Dear Editor,

I should like to thank all the people, friends and strangers, who have helped me in the last six months since I went blind. They have gone out of their way to open doors, see me across roads, guide me round vehicles parked on the pavement, read to me and spent time chatting, my favourite hobby now I no longer read or garden. By the way, I do like to know your names, even if it takes me months to connect names to voices.

I should like to conclude with an extract from my Canadian correspondant's last letter. "Aren't small towns wonderful spots? I could tell from my visits to Bentham that no-one would be a stranger for long."

Yours Sincerely

Margaret Green-Hughes.

Address supplied.

TAYLORS

Ophthalmic Opticians

G. N. Theobald F.B.C.O.

Mount Pleasant House, High Bentham.

Open Wednesday 9am - 6pm

Tel 0524 32915 for an appointment

H.R.JOHNSON C.M.B.H.I.

WATCHMEAKER & JEWELLER

**4, Oak Cottages, High Bentham
(in front of the Auction Mart)**

**CLOCK - WATCH - JEWELLERY REPAIRS
WEEKLY SERVICE**

**GRANDFATHER & LONGCASE CLOCK
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OPEN WEDNESDAYS 10am - 3pm

FRIDAYS 10am - 2pm

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**Would your owners appreciate having your
food delivered to their door? It would save
them having to carry it.**

Make life a little easier

**Ask them to phone me for details of
products and sensible prices. They'll be
glad you did.**

Bill Kennedy 6249

TRADING ESTATE UNDER NEW MANAGEMENT.

10

By Keith Cowling

High Bentham's estate of Advance Factory Units at the end of Duke Street and Wenning Avenue, has been sold to a private buyer in a surprise deal. After years of poor lettings and neglect under English Estates ownership, the units are filling up fast now that rent levels are to be made more reasonable, and it seems that a new era may be dawning for small business in Bentham. Most of the estate has been deserted since 1988 when Gravure Print, the main tenants at the time, lost their printing contract with Laura Ashley, wound down their operations and eventually closed in 1990. After that the buildings laid empty and the estate had a bedraggled appearance until last year, when English Estates decided to sell rather than continue to look for new tenants. Some external maintenance was done and the newest unit was sold to Cinders Barbecues, but the future of the rest has been uncertain until this month's announcement. The site, which will be called High Bentham Business Park, is attracting mechanical and engineering firms. Tony Harrison will be moving into one of the units with his car repair business and Bob Cattley has taken another. Tatham Tyres is also on the edge of the park in an earlier building. Only two units remain unlet and anyone interested should contact Tony Harrison quickly on 62105.



ADVERTISING RATES

Payment must accompany advertisements to ensure publication.

STANDARD COMMERCIAL ADVERTISEMENTS

Local advertisers (Bentham, Burton in Lonsdale, Ingleton):

Boxed advert (one-eighth of a page) £10.00 each insertion

Non-local advertisers: Boxed advert (one-eighth of a page) £15 per insertion

BENTHAM PEOPLE PAGE

Thanks and personal notices: £1 per 10 words

Small ads: £2 per 10 words

FLYERS / INSERTS

Business / Commercial: £100.00

Charitable services: £25.00

To place an advert in BENTHAM NEWS contact Jane Callus on 62277 or any member of the editorial committee.

Fix those winter blues M & E's Fish Bar and Restaurant

22, Main Street, Bentham Tel 61317

*"With our Fresh Fish you'll
never lose and we'll make sure
you go home amused".*

P.E. & C. THORNTON

General Builders - Approved Roofing Contractors.
FIBREGLASS FLAT ROOFING SYSTEM.

20 year Guarantee

FREE ESTIMATES & SURVEYS
ALL TYPES OF BUILDING REPAIRS

BARN CONVERSIONS, ETC.

Tunstall House, Tatham, Lancaster. LA2 8PR.

TEL 05242 62507.

B.B.A.
approved
product



PUBLIC TRANSPORT

BUS TIMETABLE

(from 23 August 1993)

Monday - Saturday

Ingleton	H. Ben	L. Ben	Lancaster
0720	0740	0745	0825
0920	0940	0945	1024
1050	1110	1115	1154
1150	1210	1215	1254
1305	1325	1330	1409
1450	1510	1515	1554
-	1530	1535	1615 SH
1555	1614	1618	1700
1653	1713	1718	1758
-	1715	1720	1800 SD
1853	1913	1918	1958

SH School holidays only, Not Sats.

SD Schooldays only

Lancaster	L. Ben	H. Ben	Ingleton
0752	0828	0833	0900 NS
0800	0836	0840	0900 S
0810	0849	0855	0912
0945	1024	1028	1047
1045	1123	1127	1146
1145	1224	1228	1247
1300	1338	1342	1401
1345	1424	1428	1447
1445	1524	1528	- NS
1545	1623	1627	1646
1630	1708	1712	- SD
1645	1724	1728	1747
1745	1824	1828	1847

NS Not Saturdays

S Saturdays only

SD Schooldays only

NO Sunday service to Bentham

TRAIN TIMETABLE

(4 Oct. 1993 - 28 May 1994)

Monday - Saturday

Leeds	Bentham	Lancaster
-	0614	0650
0901	1032	1105
1301	1432	1509
1631	1801	1834

Sunday

1405	1530	1609
1705	1829	1903

Monday - Saturday

Lancaster	Bentham	Leeds
0715	0756	0925
1125	1154	1324
1522	1551	1724
1947	2016	2146

Sunday

1647	1716	1850
1951	2019	2151

Train Service Information:

Leeds (0532) 448133

Lancaster (0524) 32333

Bus Service Information:

Lancaster (0524) 841656

Daleswear

FLEECE, WATERPROOF & CAVING GEAR

Newly extended

Factory Shop

or

Mail Order

Tel (05242) 41477

Daleswear Ltd High Street Ingleton
Via Carnforth Lancashire LA6 3AD

MACDONALDS

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11, Main Street, High Bentham

Tel 05242 61370

REPAIRS

and

**ALL TYPES OF FOOTWEAR
AVAILABLE.**

LOCAL EVENTS IN OCTOBER

- Sat 30th **COMMUNITY BONFIRE AND FIREWORKS.**
Church of the Good Shepherd coffee morning in the Town Hall 10am - 12 noon.
- Sun 31st Guided circular walk to Eldroth (7 miles) Leader Verena Smith (61100). Please meet at Eldroth Village Hall at 11am.

LOCAL EVENTS IN NOVEMBER

- Mon 1st Town Council meeting in the Lower Town Hall 7.30pm.
- Tues 2nd Bentham Organic Gardening Group. Please contact Jo 21776 or Pauline 21722.
- Thurs 4th N.S.P.C.C. Monthly meeting at 3, Springfield Terrace at 1.30pm.
Police Surgery in the Town Hall Committee Room 7 - 9pm.
High Bentham W.I. in the Lower Town Hall at 7.30pm.
- Fri 5th Bonfire and Fireworks on the Recreation Field, Burton in Lonsdale. Fire lit 7pm, Fireworks 7.30pm. Refreshments available.
- Sat 6th St. Boniface coffee morning in the Lower Town Hall 10am - 12 noon.
Kirkby Lonsdale Brass Band 7.30pm in the Town Hall.
- Sun 7th Low Bentham Playgroup's 'Autumn Fair' 2pm - 4pm. Cakes, Stalls, bric-a-brac etc. Refreshments.
- Mon 8th European Commission's Mobile Information Unit on the High Street Car Park at Skipton from 9am until 5pm.
- Tues 9th Tatham Fells W.I. at 7.30pm. Speaker: Mr David Norris. Subject: 'Men at Work'.

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- Tues 9th Child Health Clinic at Bentham Health Centre 1pm - 4pm.
Bentham & District Camera Club Potato Pie Supper and Quiz.
- Wed 10th Joint meeting of Bentham Traders and Bentham Trust on 'Local Economic Trading Schemes'. 7.30pm in the Black Bull.
- Thurs 11th Police Surgery in the Town Hall Committee Room 7 - 9pm.
- Fri 12th Come Dancing in the Town Hall 7.45pm - 10.45pm. Admission £1.20 inc tea and biscuits.
- Sat 13th Mencap coffee morning in the Lower Town Hall 10am - 12 noon.
OFF THE WALL
- Sun 14th Guided circular walk via Ingleton Glen and Twistleton Scar, (7 - 8 miles). Leader David Asquith (tel 62619). Please meet at Ingleborough car park at 10.30am.
- Mon 15th Precept Meeting in the Wenningdale Room 7.30pm.
Burton in Lonsdale & District Horticultural Society AGM.
- Tues 16th Angus Pensioners Association in the Town Hall - Film Show by Barney.
- Wed 17th Coffee Morning at 'Burncroft', Robin Lane 10am. Proceeds to Multiple Sclerosis and Camphill Trust. Please come and bring your friends. Bring and Buy and cakes.
- Thurs 18th Low Bentham W.I. in the Victoria Institute at 7.30pm. Speaker: Mrs Penny Ingham, Subject: The Alexander technique.
Police Surgery in the Town Hall Committee Room 7 - 9pm.

- Fri 19th** Coffee Evening at Low Bentham C. P. School at 7pm.
Christian Aid AGM 7.30pm in the Methodist Schoolroom.
Speaker: Mrs Audrey Dralega, Area Secretary.
WASTE PAPER COLLECTION at the Legion Hall 8.30am - 11am. Proceeds to the N.S.P.C.C..
Countryside Society at Hornby Institute. Speaker: Dr. Jennifer Newton. Subject: 'Warton Crag',
- Sat 20th** St John's coffee morning in the Lower Town Hall 10am - 12 noon.
Alexander Technique in the Town Hall Ballroom 10.30am - 12.30pm or 1.30pm - 3.30pm.
Charity event, in Memory of Arthur Taylor (aged 3 months), in the Town Hall. Proceeds to Cot Death research
- Mon 22nd** RAC Rally overnight stop in Lancaster!!
- Tues 23rd** Child Health Clinic at Bentham Health Centre 1pm - 4pm.
Bentham & District Camera Club Annual Print Competitions. Judge Dr. B.J. Fielding.
- Wed 24th** Homing Society Presentation Dinner. Details Doug Ralph 62006.
- Thurs 25th** High Bentham Playgroup - Extravaganza Evening in the Upper Town Hall. Admission 60p inc coffee and mince pie.
Police Surgery in the Lower Town Hall 7 - 8pm.
- Fri 27th** Come Dancing in the Town Hall 7.45pm - 10.45pm. Admission £1.20 inc tea and biscuits.

Sat 28th

Wesley Guild Family Night:
Visit of Stephen Joel and Friends, 7.30pm.

Bentham W.S.S. and N.S.P.C.C.
Cracker Sale in the Town Hall Ballroom at 10am. Father Christmas will be in his "Grotto".

Guided circular walk to Burton and Ingleton, (8 - 9 miles).
Leader Keith Wear (tel Carol Crellin 61881). Please meet at Lairgill at 10am.

- Mon 29th** Ewecross Historical Society in the Lower Town Hall at 7.30pm.
Speaker: Mrs M. Pooley. Subject: 'In Sickness and Health.'

LOCAL EVENTS IN DECEMBER

- Thurs 2nd** Police Surgery in the Town Hall Committee Room 7 - 9pm.

- Sat 4th** Christmas Fayre at Low Bentham Public Hall, with a visit from Father Christmas, 5pm. Stalls £8 enquiries tel 61048.

St. Margaret's coffee morning in the Town Hall Ballroom. 10am - 12 noon.

Good Shepherd Church coffee morning in the Old School, Tatham Fells. 10.30am - 12.30pm.

 The White Rose 

Market Day Christmas Lunch

 December 15th 

Roast Turkey £4.40

Christmas Pudding £1.45

Bookings Only By Dec 8th

December 25th 

Christmas Day Takeaway Lunches

Prices As Above

Bookings Only By Dec 15th

Tel: Bentham 61696 

NEWS FROM BENTHAM YOUTH CLUB

from Vi Christensen

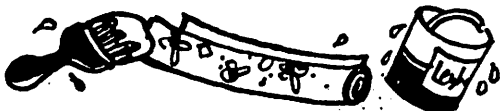
As most of you have probably heard by now, Sharon Haslam got the job at Ingleton Youth Club as Senior Youth Leader. Congratulations on your success, Sharon, and good luck!

Stephen Smith is still with us. He will apply formally for the job of Assistant Leader at Bentham when it is advertised. County Hall is dragging its heels a bit in getting its advertisement in the local press.

We've had a busy October, preparing for the Community Bonfire, making toffee and parkin and constructing an enormous "guy". On Tuesday, the 19th, we visited Ingleton for a Social. We played 5-a-side football which turned out a little embarrassing as we beat Ingleton 11-0. At this point another visiting team - from Malton, near York, walked off and refused to play us in the second round. Well done Bentham lads! Ingleton and Malton lads, no hard feelings? After the "footie", we were fed with lovely 'tatie hash. Thanks Ingleton. We'll return your hospitality after Christmas.

Forthcoming events: there's a senior disco in the Youth Club on 5th November from 8 to 11pm, then we've got a trip to Waves in Blackburn planned on the 29th. The bus will leave School Hill at 5.30pm and return at 10pm. The cost per person is £5.

Finally, the latest on the British Legion Hut. The mural competition was won by Sarah Dobson from Bentham Primary School. Work should be under way by the time this BN is out, and we hope to complete the job by the 19th November. This coincides with National Youth Work Week, so we hope this activity will make a bit of a splash in the local press. If anyone has any oil-based paint to spare, please leave it outside the Youth Club.



MEMORIAL MATCH

A cricket match, in memory of Tony Burns and hosted by Bentham Cricket Club was held recently. The current team played The Veterans, many of whom played in the original team with Tony. A seat which was bought by the 'Friends of Tony' was presented to the Club in his memory. Bill Eglin and Ronnie Fleming umpired the match and in the end the current team won although The Veterans did not disgrace themselves.

Many thanks to all those involved and a special thank you to one of the 'Wee Macs', who had a lot of running around to do in one way or another, in order to bring it all together. Maybe a regular event? Nothings impossible.

Bentham W.S.S. & N.S.P.C.C.

The annual Cracker Sale will be held on November 27th in the Town Hall. There will be Christmas Crackers and gifts, also cakes, plants, tombola, competitions and a raffle. Father Christmas will be in his "Grotto" to give a welcome to all children

CHALYBEATE

KENNELS and CATTERY

**SMALL ANIMALS VISITOR
CENTRE
OPEN DAILY**

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URGENT MESSAGE

A message from some of our dog and cat residents. "We are looking for a happy home to call our own - if you can help us in our quest please contact Richard Hunter on Ingleton (05242) 41120".

Chalybeate Kennels and Cattery has had 18 dogs and 3 cats left in the past two weeks. If you can help any of these animals please call Richard Tel (05242) 41120. Chalybeate is on the A65, at Westhouse, between Kirkby Lonsdale and Ingleton.

TRADERS REPORT

By Keith Cowling

Local Trade Directory is Planned

Bentham Traders and Bentham News will be publishing a local business directory in the new year, covering Bentham, Ingleton, Burton, Clapham and Austwick. The guide follows a long campaign by BN and the Traders for support for local shops and will be designed to help people get the best out of local services and keep money and jobs in the area. Copies will be distributed free. For several years now, out of town firms have solicited advertising around Bentham and produced a pin-up calendar with adverts for about 40 local firms on it. The new directory will be much more comprehensive, will have a wider circulation and be produced entirely by local people. We want everyone who has a business, even if it is only small or part time, to be in it. Plain listings will be free, and enhancements and display advertising will be sold for a small charge. So if you have any kind of trade or commercial activity in Bentham which offers goods or services to local people, please contact Jane Callus on 62277 or me on 62043 to ensure that we include you. The directory will be distributed free with Bentham News in the new year.

LETS Start Trading.

Ever heard of Local Economic Trading Systems? Ten years ago they were curiosities run by wacky eccentrics, but now

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they are popping up all over the place. Communities throughout Britain are doing local trade using 'local currency', called 'favours' in Calderdale, 'Acorns' in Totnes and 'Olivers' in Bath. For local people these schemes provide a way of getting goods and services without cash; for businesses, being a member of a LETS scheme is like having an unlimited free overdraft. But most importantly LETS schemes provide a very effective way of keeping wealth within the community. The idea has caught on so strongly that Training and Enterprise Councils are backing them, Customs and Excise and the Inland Revenue are having to bring in special procedures for dealing with them and there's even one starting in Lancaster. This month the Traders and Bentham Trust are hosting a joint meeting on November 10th about LETS schemes. Nigel Leach, the co-ordinator of the Calderdale LETS Scheme will be talking about what LETS Schemes are and how and why to run one. See Diary for details.

Christmas Comes but Once a Year.

Once again the Traders are preparing to put up spectacular street decorations in Bentham for Christmas. This year lights will be hung in Low and High Bentham and there will be the usual Town Council prizes for shop window decorations. Late night shopping, which promises to be even better than last year, will be on December 10th.



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51 MAIN STREET, BENTHAM, NR LANCASTER

YOUR GOOD HEALTH - DRUGS

High Bentham PTA Talk.

This month High Bentham PTA organised a successful information evening on the use and abuse of drugs. David Uffendal gave a brief history on the use of drugs. Using practical techniques, a fact finding exercise was instructive in giving an insight into the broad usage and commonly abused drugs.

"Drugs are here to stay - we will never eradicate their use."

"We need to help our children to use drugs safely."

"We all use drugs to some extent, whether it is coffee or cannabis, alcohol or amphetamines, cigarettes or speed."

**DON'T
PANIC !!**

SPOTTING DRUG TAKING

It isn't easy to spot drug taking - and many of these signs can just be the normal signs of growing up.

How to spot drug taking:

- ☐ sudden and regular change of mood
- ☐ unusually aggressive
- ☐ gradual loss of interest in school, hobbies, sport, friends, etc.
- ☐ increasing evidence of lying, or furtive behaviour
- ☐ loss of money or other objects from the house
- ☐ unusual stains, marks or smells on the body, clothes, or around the house.

INFORMATION FROM PROJECT 6

When parents hear that their child maybe using drugs their first reaction is often panic and helplessness. Some may react to this by shouting at their child, usually because they don't know how to cope with the situation.

I would like to suggest 3 approaches:

- ① Firstly don't panic, try to reassure the young person.
- ② Find out as much information about the drug, if possible.
- ③ Talk to, or encourage your child to contact their GP or a drugs agency like project 6.

Project 6 can be contacted at Keighley (0535) 610180 or Skipton (0756) 794362.

A word of warning, however, to all amphetamine users. It has recently been discovered that amphetamine is being mixed with WARFARIN, an anti-coagulant drug which thins the blood and which is sometimes used as a rat poison. Injectors have been experiencing severe bruising, bleeds and pain and those using them orally have also experienced severe abdominal pain. If this has happened to you, then stop using amphetamines for a while and seek medical assistance. *Project 6 Worker*

BENTHAM PEOPLE

PERSONAL THANKS

DOLEMAN - Jean, Bernard, Paul, Andrew and Louise Taylor sincerely thank all friends for the messages of sympathy at the passing of mum, Irene Doleman. Also thanks to the Chapel for love and support.

BELL - The family of the late Noel Bell would like to express grateful thanks to their relatives, friends and neighbours for their kind messages of sympathy and cards received during their sad loss. Special thanks to the Rev. Nigel Kinsella for his kind words and service, and Brown and Whittakers for kind and dignified arrangements.

KETTLEWELL - Percy, Beth and family wish to thank everyone for their kind messages of sympathy during their recent sad loss. A special thank you to Rev'd Marvin Bamforth for his kind words and to Brown and Whittaker for their thoughtful and dignified arrangements.

THOMPSON - I wish to thank everyone who sent get well cards during my stay in hospital. Grateful thanks to my family, friends and neighbours for their kindness and help since my return home, without which I could not have coped. Thank you all, Marjorie Thompson.

CONGRATULATIONS

Well done to Mark Foster on completing your Basic Military Training. We were very proud to watch you being presented with your special award for workmanship at the Passing Out Parade in Surrey. Good Luck and best wishes for the future. See you soon. Doug, Christine and Simon Baker.

To Mark Foster on successfully completing his basic training in the Royal Electrical and Mechanical Engineers (R.E.M.E.). Marks family and friends attended the passing out parade in Surrey on Friday 8th October

where Mark was presented with a special award for "Best Shot" by Brigadier A.D. Ball O.B.E. Mark now begins a 2 year course to be an electronic technician, Well done Mark we are very proud of you. All our love from Mum and Dad.

Congratulations Mark on completing your basic training. I know that the last ten weeks have been hard - but I knew you could do it! I'm so proud of you! All my love, Jan.

Congratulations Mark on your success. Special love from Karen, Mick, Nana and Syd.

FOR SALE

Girls five speed Raleigh Racer suit age 10/12. £65. Tel 62345.

HOTPOINT SUPERMATIC Twin Tub in good condition. £135. Tel 61692.

Ladies Frame racing bike, BLUE. 5 gears. VGC, £50. 62377.

WANTED

Electric cooker, in good condition, wanted for Low Bentham Public Hall. Tel 61087.

SERVICES

PIANO TUNING, repair and reconditioning. Tel S. Duncan 62532.

!! Free Fresh Flowers !!

During November we're giving Bentham News readers 10% off one purchase of Fresh Flowers over £5. Just produce this coupon.

(Interflora relay orders not included)
WHAT A BLOOMIN BARGAIN!
BAMFORDS,
 7, Main Street, High Bentham,
 Tel 0524 261904

ALTERATIONS TO THE HEALTH CENTRE

from Dr. Ralph Sullivan.

It seems hard to believe that the work on the Health Centre is nearly finished. Last April seven months of noise, dust and disruption stretched ahead of us. We had plans of the new surgery to look at but it was difficult to picture what it would really be like. Now the drawings are bricks and mortar and we are very pleased with the results.

ON SCHEDULE!

The new entrance was opened on 13th October. The reception offices and health visitors' suite were completed at the same time. We should have the waiting room back from the builders about the time that this Bentham News comes out. The waiting room was closed while the builders removed the old roof and demolished the old dispensary to give us more room. They have also created a small children's area. We do not expect any more disruption. The rest of the work should progress without causing any difficulties (am I tempting fate?) All that remains is the final renovation of the consulting rooms and offices. This is progressing well and should be completed by the middle of the month. And then it will be all over on schedule.

We had several objectives when we planned the improvements. First we wanted to repair the old building. The flat roof was nearing the end of its natural life and the external woodwork was well past its sell by date. Secondly we wanted to improve our facilities to keep up with the changes that have occurred in general practice in recent years. Lastly we needed to increase the office space to match the explosion in paperwork caused by the government's health reforms.

AFTER SEVEN MONTHS HAVE WE ACHIEVED OUR OBJECTIVES?

I think so. All the structural faults of the old building have been put right. We certainly will have more room and better facilities. The practice nurses' room and the health

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visitor's suite will help us develop our health promotion services. With the extra consulting rooms we hope to increase the health services in Bentham. We will have room to invite more people from Airedale and Lancaster to see patients in Bentham rather than the hospitals. The first new development will be the arrival of two counsellors from the psychology department at Airedale to carry out regular sessions at the surgery, starting in November. As you will see when you visit the health centre, the main reception office is bigger. We also have more offices. This will undoubtedly improve the day-to-day running of the practice. There is unused space on the first floor for us to expand into in the future. However much room we have, we are bound to need more eventually.

We would like to thank Neil Nute of John Moore and Partners who designed the building and Eglin's the builders and their sub-contractors. They went to great lengths to help us carry on working in the middle of a building site, and coped with our last minute changes with good humour.

NEW NAME

To mark the major changes that have taken place, we have decided to rename the building. Instead of "The Health Centre" we are going to call it simply "The Surgery".

There will be an official opening of the new surgery on Saturday 11th December. In the afternoon we will have an open house to anyone who would like to come and have a look around the building and see what we have done.



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ALBUM REVIEW

from David Greenep

DEF LEPPARD - RETRO ACTIVE

DEF LEPPARD, probably one of the unluckiest bands ever, with Rick Allen, the drummer, losing his left arm in an accident in the eighties and Steve Clark, the guitarist, who died in the early nineties. Even though they keep having major setbacks the band always pulls together and then comes up with a massive success the 'HYSTERIA' in 1987 and then 'ADRENALIZE' last year. Over the past year Def Leppard have toured the 'Adrenalize' album selling out places like Don Valley Stadium and Birmingham NEC and most countrys in the world. Now they slide yet another album on to the market, but I don't think they will be doing another world tour. 'RETRO ACTIVE' is a collection of songs which have appeared in various hard to find places or in certain cases, never made it out of the studio, as it says on the front of any copy of the album. 'Retro Active' is well worth the money with thirteen songs and one not listed song. BUT there are two versions of 'Two Steps Behind', the single they had out about a month ago and three versions of a song called 'Miss You in a Heartbeat' an acoustic version, electric and piano version. Personal favorites are 'Fractured Love' that has the best drums I have heard in a while and 'From the Inside' which is speeded up with two light hearted racey songs called 'Action' and 'Only After Dark'. All in all the album is good and if you have got the rest you're bound to buy this one as well, as it's a typical Def Leppard album, good, clean Rock.

I give Def Leppard 'Retro Active' 7 out of 10 because I would have preferred two different songs instead of another version of the same song.



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BOOK REVIEW

from Len Moody

John Wyatt - The Gentle Art of Country Walking, Century 1993 £7.99

Many who frequent Bentham and its neighbourhood will both enjoy and find useful this recent unusual book. The author's earlier classic *The Shining Levels* (1973), the story of a Lancashire lad who left the city to become a "forest worker", happened to adopt an orphan faun, and eventually became Head Ranger of the Lake District National Park, has won many admirers. His various official guides (under the pen name of John Parker) have been models of accurate information, experienced advice and stimulating insights.

In view of the increasing "pressures" on the more celebrated outdoor tourist areas, *The Gentle Art* is an attempt to extend the appreciation of countryside walking to a wider public, over a wider range of territories: "It is not necessary to be an athlete, age is of little concern, and families can walk together... It requires no expensive equipment, only a few basics, and it is the perfect, painless physical exercise...."

It does not depend on ostentatious feats of endurance -

"Have nothing to do with the man who scorns your four miles and says you ought to do twenty",

Nor does it require elaborate journeys to distant touring grounds -

"There are thousands of miles of public footpaths on offer: valley walks, village walks, riverside, towpath and shorelines, abandoned railway lines, green lanes, ancient drover roads, woodland tracks and forest trails."

John Wyatt is well known as a countryside writer for his ability to combine practical realities with aesthetic, even spiritual, delights. The earlier chapters of this book offer sensible advice on such basics as footwear, clothing, equipment, map-reading, navigation, planning and (specially unique, this) technique. A further series of chapters provide evocative insights

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into surprisingly different types of walking- Walking Close to Home, Walking in Forest and Woodland, By the Sea, By Waterside Paths, On Moor and Mountain, Backpacking. However, the distinctive feature of *The Gentle Art* is to give some suggestions of a philosophy of walking, for those who feel the need of one, and indications on how to get the maximum of enjoyment or satisfaction from it: the final chapter *Enjoying the Countryside* must be regarded as a locus classicus in this respect, and bears much rereading and reflection:

"So when we walk into the countryside, we should be aware that we are inseparably a part of its life and it is part of us. We are wrapped around with the perfect wholeness. And a touch of humility does nothing to harm the enjoyment of it. We might even feel some reverence."



BOOKS FOR CHRISTMAS

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Shampoo and Set £3.50

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Margaret Ball tel 61110

AGE CONCERN

by Cliff Machin

AGM 1993

The Chairman commented on the significant management changes during the past year due to four resignations from key positions and thanked the committee and volunteers for their dedication and hard work.

On behalf of everyone at the Centre he thanked Pat Smith (caterer); Ruth Garretson (treasurer); Vi Christensen (activities); and Lissa Smith (Age Concern Nrth Craven) for the invaluable part they played in laying down the foundations upon which the present organisation was based.

Particular appreciation was expressed to Douglas Garlick (current treasurer) who had "moved across" from secretary to treasurer. The Chairman stated that the reality was that Doug was still doing much of the secretarial work in addition to bringing his own expertise into organising the finances of the Centre.

Mrs Rosalie Elliott from Ingleton was welcomed as the newly appointed Day Centre Organiser, replacing Vi on September 1st.

In the treasurer's report, Douglas Garlick drew attention to the healthy bank balance at the end of June £8,681.47, but warned that this and our own fund raising efforts had to sustain us until April 1994. On fund raising he stated that we had raised over £2,000 in the year up to April 1993 from the following sources:- raffles £410; coffee mornings and Christmas Fayres £935; 'bottle for pennies' at the Centre £168; donations £65; dances £170; Music Hall £170; and others. He pointed out that the current audited account was for a nine month period up to 31st March 1993. A vote of thanks to Mr. John Hall (Nat West Bank, Benthams) was given for his professional guidance and for auditing our accounts.

Wendy Dowbiggin (minutes secretary) presented the Day Centre Report outlining the wide range of activities and outings now available to our members. The users of the Day Centre now number 50 - 70 each week.

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A significant addition to our services has been the purchase of a 12 seater vehicle equipped with a tail lift for wheel chairs and disabled passengers. The vehicle purchased with funds raised at the Centre from Cumbria Ambulance Service and has been in operation since February. It is registered in the Disabled Passenger Taxation Class and carries a Small Bus Permit. Over twenty people are brought into the Centre from Benthams and District each week in addition to other outings. The Chairman was thanked for his time and effort in carrying through all the negotiations and for ensuring a smooth changeover in our transportation system.

Mr. Laurie Blundell (our representative at Age Concern North Craven) then gave a report of the work of A.C.N.C.. He stressed the invaluable part played by the shop at Settle in funding the development of Age Concern work in North Craven, and gave an informative insight into the work of the Relief Care Service available to the elderly in our community needing help through illness or hospitalisation. The well attended meeting then voted to re-elect en bloc the existing committee as follows:- Chairman; Cliff Machin, Vice Chairman: Doug Garlick, Day Centre Organiser: Rosalie Elliott, Minutes Secretary: Wendy Dowbiggin, Register and Visiting: Elsie Wilcock and Pat Smith, Ruth Bridgewood, Edna Parnell. Catering Contract to Mrs M. Irving, The Coach House, Benthams,



VILLAGE BAKERY

A & M FROST

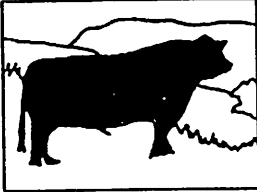


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The Square
Benthams
Tel 61219

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celebrate Christmas**

at
The



Black Bull

**Christmas menu available
lunch and evening from 1st
December through to 24th
December.**

**Soup of the Day
or Prawn Cocktail**

* * *

**Roast Turkey, stuffing,
chipolata sausages, fresh
vegetables, roast potatoes
and all the trimmings**

* * *

**Christmas Pudding
or**

Mixed Ice-Cream

* * *

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61213 for enquiries and
bookings.**

AGE CONCERN NORTH CRAVEN - RELIEF CARE SERVICE

- ◆ Are you over 60 years old and Caring for someone at home?
- ◆ Are you Caring for someone over 60 years old at home?
- ◆ Do you need a break?

The Relief Care Service may be able to help.

We have a group of Relief Carers who work throughout the North Craven area, providing support for Carers. They will look after a dependent for several hours each week, whilst the Carer takes a break.

We also provide a Night Care Service and will provide full-time care to cover short breaks. Would you be interested in becoming a Relief Carer? We will soon require several new Relief Carers to work in the Bentham/ Ingleton area.

If you think the Relief Care Service could be of use to you or you would like to know more about becoming a Relief Carer contact

Mrs Jane Shaw - Relief Care Co-ordinator,
Age Concern North Craven, Watershed
Mill, Langcliffe Road, Settle, BD24 9LR.

Tel Settle (0729) 825111.

AGE CONCERN NORTH CRAVEN - CARER SUPPORT GROUP

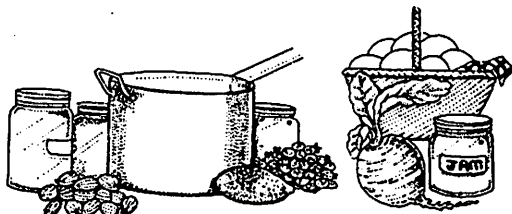
Our Carer Support Group meets at 2pm on the 3rd Tuesday of every month in the Conference Room of Watershed Mill. At each meeting a speaker addresses the group on a subject relevant to Caring. recent speakers have included a Health Visitor, a Craft teacher, a Solicitor and a representative from Social Services. There is also plenty of opportunity for coffee and a chat.

Our meetings are very informal and new members are always welcome.

Contact Mrs Jane Shaw - Relief Care Co-ordinator, Age Concern North Craven, Watershed Mill, Langcliffe Road, Settle, BD24 9LR. tel Settle (0729) 825111.

RECIPES

from Doreen Park



SPICY APRICOT CHUTNEY

1lb no soak dried apricots, chopped
 3/4lb cooking apples, peeled & chopped
 8 ozs bananas sliced
 1 small onion, finely chopped
 grated rind and juice of half a lemon
 8 ozs demerara sugar
 1 tsp mixed spice
 1/2 tsp cayenne pepper
 1 tsp curry powder
 1 tsp salt
 3/4 pint pickling malt vinegar

Place all the ingredients in a large pan and heat gently stirring occasionally until the sugar has dissolved.

Bring to the boil reduce the heat and simmer gently uncovered for about half an hour, stirring from time to time until the chutney thickens.

Transfer to warm sterilized jars, seal and label and store.



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PEAR CHUTNEY

3lbs pears, peeled and chopped
 1 1/2 lbs onions finely chopped
 1lb ripe tomatoes, skinned and sliced
 2 red peppers, diced
 1lb demerara sugar
 1 tblsp salt
 1/2 tsp ground cloves
 pinch cayenne pepper
 4 cloves garlic, crushed
 11/2 pints malt pickling vinegar

Place pears, onions, tomatoes and pepper into a large pan and cook gently for about 15 minutes until soft.

Add remaining ingredients and bring to the boil, stirring continuously until the sugar has dissolved.

Simmer for approx. 1 - 1 1/2 hours stirring from time to time until chutney thickens.

Pour into warm sterilized jars and seal. Label and store.

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EDITORIAL INFORMATION

BENTHAM NEWS is published at 7, Jubilee Buildings, Main Street, High Bentham by an editorial committee consisting of Tony Bennett, Shirley Brown, Tom Cahill, Jane Callus, Keith Cowling, Christine Hodson, Ken Robertson, Kate Steele, Jean West, Pam Woof and our co-ordinator Lesley Barker.

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For all information, including advertising rates, listings and subscriptions please contact Lesley on Bentham (05242) 62040. Items for publication can be left at the house or at Bentham Sportswear.

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Every effort is made to ensure that information contained in the paper is correct. However **BENTHAM NEWS** is an open access paper and views and opinions expressed are not necessarily those of the editorial committee. The committee reserves the right to edit contributions, including letters. Please note that although we are willing to withhold names on request, names and addresses must accompany all items for publication.

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CHURCH SERVICES

St. Margaret's C of E, High Bentham.

SUNDAY 8am Eucharist. 10am Parish Eucharist & Junior Church, **WEDNESDAY** 9am Eucharist. Mothers Union 2nd Tuesday each month. Enquiries Mrs Field 61084.

St John the Baptist, Low Bentham.

1st Sunday 9.30am Parish Communion (ASB) **2nd Sunday** 9.30am Morning Prayer. **3rd Sunday** Parish Communion (ASB). **4th Sunday** 9.30am Holy Communion (BCP) 10.30am Family Service. **5th Sunday** 9.30am Parish Communion (BCP)

St Bonifaces Catholic Church

Saturday 6.30pm. **Sunday** 9.30am. Holy Days 10am & 7.30pm. For week day services, see times in the porch.

Methodist Church, High Bentham.

Sunday Worship 10.30am & 6.30pm. Junior Church 10.30am. Fellowship Meeting Tuesday 7.30pm. Bright Hour 2.15pm, alternate Tuesdays. Springboard 7 - 10 years Monday 6.15pm. Breakout 11 - 13 years Wednesday 7pm.

Methodist Church, Low Bentham.

Afternoon Service 2pm. Friendly Hour 2nd Thursday each month 2.15pm.

Religious Society of Friends, Quakers.

Meeting for Worship, Sunday 10.30am. Enquiries - Tel the clerk on 62365.

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